

Teaching Plan: Kimberly Bachman

Cardiac Diet

Prior knowledge of the subject to be taught:

Nurse:

- Experience in Licensed Practical Nursing career of diet restrictions
- Ability to assess/predict if a client will a recommended diet

Client:

- Has previous knowledge of following a Renal Diet
- No previous knowledge of following a Cardiac Diet
- Physically and financially able to support a Cardiac Diet at home
- Able to repeat back to the nurse the importance of a Cardiac Diet, a sample of foods to support the diet, and restrictions in the diet

Education:

Some College

Trust:

- Advocated for client therefore developed rapport
- Used cultural values and provided competent care

Culture: African American

- Supply cultural competent care: kindness, relationship, respect, and modesty
- Matter of understanding culture and how to approach client

Nursing Diagnosis: Knowledge Deficit r/t heart-healthy diet

Assessment of Client/Family (5 points)	Nursing Diagnosis & Goal of Teaching (5 points)	Interventions (5 points)	Methods/Teaching Tools (2 points)	Evaluation (3 points)
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<p>Level of motivation for learning: -No cognitive limitations -Client is willing to participate in learning about the Cardiac Diet -Client is willing to be informed and alert when teaching</p> <p>Barriers to effective learning: None for this client</p> <p>Health beliefs/values: Christian/ Western Medicine</p> <p>Psychosocial development: The client shows acceptance of following a Cardiac Diet</p> <p>Cognitive development: The client can remember, understand, and choose heart-healthy food</p>	<p>Nursing Diagnosis: Knowledge Deficit r/t cardiac healthy diet</p> <p>The goal of Teaching: The client will verbalize an understanding of the diet and agreeance to follow through at home</p> <p>The client will verbalize an example meal plan of a heart-healthy diet.</p>	<p>Intervention 1: Reinforce the importance of adhering to a heart-healthy diet</p> <p>Intervention 2: Reinforce the importance of keeping and attending follow-up appointments for cardiac care</p> <p>Intervention 3: Provide resources such as handouts, books, and websites that include information on the cardiac diet</p>	<p>Method 1: Discussion- Notified clients of vegetables, whole grains, and oily fish are vital for a heart-healthy diet (Cardiac Diet, 2020). There needs to be limited processed foods high in sugar and salt in all meals.</p> <p>This client presented to the Emergency room with a Hypertensive emergency with acute pulmonary edema. Hypertension can be prevented or postponed with interventions. Reducing salt intake, trans fatty acids, and sugar in the diet is recommended (Jones, 2020). A heart-healthy diet balances caloric intake and increases are eating of vegetables such as legumes, nuts, and whole grains (Jones, 2020).</p> <p>Method 2: Handout- Cardiac Diet menu from Hospital</p> <p>The client ordered breakfast and lunch off of this menu</p>	<p>Discuss how the client/family received the Teaching: The client was able to set realistic expectations of themselves in adhering to a cardiac diet</p> <p>The client was compliant with all information.</p> <p>The client planned and ordered a heart-healthy diet at the bedside for breakfast and lunch.</p> <p>"I know what foods to choose at the grocery store to maintain a heart-healthy diet."</p> <p>" I will bring a heart-healthy diet resource (handout given) when having issues selecting heart-healthy food at the grocery store."</p> <p>Identify strengths/weaknesses of the client or family in receiving Teaching:</p> <p>Strengths: Alert and interested in learning</p>
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References (2) (APA):

Cardiac diet: What is it? Foods to eat and avoid, plus planning a diet. (2020, August 6). <https://www.medicalnewstoday.com/articles/cardiac-diet>

Jones, D. (2020). *The Heart-Healthy Diet*. Baptist Health Heart Institute PCP Symposium.